



NEW FITNESS CLASS SCHEDULE CHANGES! CHANGES! CHANGES!

SEPTEMBER 6-12



	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
5:45 am	LABOR DAY 7 AM -7PM SPECIAL CLASS SCHEDULE ADULT SWIM 8:30 BOB 8:30 STEP PLUS HOLLIE (1.25 HRS) 8:00 am 8:30 SUPER SPIN & CORE LUMA (1.5 HRS.) 10:00 POWER CIRCUIT KICK LINDA & MEGGAN (1.5 HRS.) CHILD CARE 8:30-1:00	ABS	ABS	ABS	ABS		
6:00 am		SPIN MIKE	SPIN DEANNA	SPIN MIKE	SPIN LUMA		
6:00 am		POWER SCULPT KATELYN	POWER CIRUIT KATELYN	POWER SCULPT DEANNA	POWER CIRCUIT DEANNA		
7:00 am					NEVER TOO OLD MARGARET		
8:00 am						STEP PLUS! HOLLIE	
8:00 am		YOGA JUAN		YOGA JUAN	FIT BALL MARGARET		
8:30 am		STEP HOLLIE	CARDIO DANCE LANA	STEP HOLLIE	CARDIO DANCE LANA		CORE FUSION MARY ANNE
9:30 am		POWER SCULPT MARY ANNE	EXTREME BARRE MEGGAN	POWER SCULPT SUSAN	KICK ANGELINA	POWER SCULPT KATELYN	SIZZLE MARY ANNE & MEGAN
9:30 am		CYCLE CORE MEGGAN	CORE FUSION MARYANNE	CYCLE CORE SONJA	CORE FUSION MEGGAN	SPIN SUSAN	SPIN LUMA
10:30 am		BLAST JOSH	POWER SCULPT MEGGAN	BLAST (Cancel today)	POWER SCULPT MARY ANNE	EXTREME BARRE HOLLIE	POWER SCULPT MEGAN
10:30 am		SPIN SUSAN	YOGA JUAN	SPIN SUSAN	YOGA JAUN	CYCLE CORE SUSAN	CYCLE CORE GAIL
12:15 pm			SPIN SONJA		SPIN SONJA		
4:30 pm		POWER SCULPT CAROL	STEP CAROL	POWER SCULPT CAROL			
5:30 pm		SIZZLE CAROL	POWER SCULPT CELESTE	SIZZLE CAROL & MEGGAN	HealthQuest Instructors are scheduled 14 days prior to the current week. Although the class format will remain the same, the scheduled instructor may change at any time without notice. We hope that you enjoy the diversity and talents of all of our certified instructors! THIS SCHEDULE UPDATED 8/30/10		
5:30 pm		CORE FUSION MARY ANNE	CYCLE CORE GAIL	CORE FUSION MEGAN			
6:30 pm		POWER CIRCUIT DEANNA	KICK LINDA	POWER CIRCUIT LINDA			
6:30 pm		YOGA STEPHANIE	SPIN HOWARD	YOGA STEPHANIE			
7:30 pm			LATIN RHYTHMS (Fee Based)				
POOL SCHEDULE							
7:30 am Fitness Pool		AQUA JANET		AQUA JANET			
8:30 am Lap Pool		GROUP SWIM NO COACH	ADULT SWIM BOB	GROUP SWIM NO COACH			
9:00 am Lap Pool						ADULT SWIM JOE	
9:00 am Fitness Pool		AQUA JANET	AQUA TRACY	AQUA TRACY	AQUA CAROL	AQUA (9:30) CAROL	
5:30 pm Lap Pool		ADULT SWIM DON		ADULT SWIM JOE			
6:00 pm Fitness Pool			AQUA JANET				
HealthQuest Fitness Center 3175 California Blvd. Napa, CA 94558 707-254-7200 napahealthquest.com							